



MANGO CHUTNEY



CHICKEN SKEWERS WITH MANGO CHUTNEY

Bamboo Skewers soaked in warm water for 1/2 hour
Boneless, Skinless Chicken cut into bite size pieces
Sweet Bell Pepper (mixed colors) cut into 1" pieces
Pineapple Chunks
Tait Farm Mango Chutney
Oil for brushing

Thread 3-4 pieces of chicken onto skewers alternating with pepper pieces and pineapple. Brush the skewers with oil and grill until chicken is done. Serve on plates with Mango Chutney on the side or spoon over the top. You can also bake or broil the skewers.

For cocktail size portions, use three pieces of chicken, one piece of pineapple and three pieces of pepper.

MANGO COCONUT SAUCE

1/2 cup Mango Chutney
1/2 cup Coconut Milk
1/4 cup water
1 TBS Tomato Paste
1/2 tsp. salt

Mix the tomato paste with water until very smooth. Add the coconut milk, Mango Chutney and salt. (If too thick add more water).

This is a terrific sauce to serve over fish, chicken, tofu, vegetables and rice.

MINI MANCHEGO CHUTNEY TARTLETS

1 (1.9 oz.) pkg. frozen mini phyllo pastry shells
1c. freshly grated manchego or mahon cheese
3-4 TBS Mango Chutney (or Tomato Chutney)

Preheat oven to 400 degrees. Arrange phyllo shells on a baking sheet. Divide grated cheese evenly among shells, and top with 1/2 tsp. of mango chutney. Bake at 400 degrees for 5-8 minutes or until bubbly.

CHICKEN THIGHS WITH MANGO CHUTNEY

1 jar Mango Chutney
6 chicken thighs with skin and bones
1 large tomato, diced (about 1 cup)
1/2 cup red bell pepper, large dice
1 large onion, diced
1 clove garlic, minced
salt & pepper
flour for dredging
3 TBS canola oil
1/2 cup toasted silvered almonds for garnish

Season the chicken with salt and pepper and dredge in flour. In a skillet, heat oil over medium high heat. Brown chicken on both sides and transfer to a baking dish. Add the onions to the skillet and saute a few minutes to soften. Add tomatoes, peppers, and garlic. Stir-fry a few minutes to drive off moisture from the tomatoes. Pour evenly over the chicken pieces. Spoon the chutney evenly over everything. Bake covered for 30 minutes. Remove cover and continue baking another 30 minutes or until the chicken is very tender. Sprinkle with toasted almonds. Serve with basmati rice. Serves 3-6.

Option: Use boneless, skinless chicken breasts. Reduce cooking time and do not cover.